



Crystals for Beginners: The Guide to Get Started with the Healing Power of Crystals

Karen Frazier

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Learn the holistic way to heal with *Crystals for Beginners*

Balancing mind, body, and soul often feels impossible, but it doesn't have to be a struggle. Holistic healing methods with crystals can help harness energies and establish a positive and healthy lifestyle. In *Crystals for Beginners*, intuitive energy healer and author Karen Frazier walks readers through the basics of how to become our best selves using crystals. In these pages, you'll learn how to heal, find balance and everyday wellness with crystals. *Crystals for Beginners* is your go-to reference guide for healing your way to greater health and happiness.

Crystals for Beginners provides:

Crystal Healing 101 covering everything from how to start your crystal collection to healing methods
Crystal Profiles featuring in-depth information at how, where, and when to use 10 essential crystals and 40 others
Crystal Remedies identifying the most effective crystals for a given issue and demonstrating the different ways to use them

Prescriptions for crystals include: Abuse, Addiction, Anger, Anxiety, Balance, Boundaries, Compassion, Courage, Decisiveness, Envy, Forgiveness, Gratitude, Grief, Happiness, Inner Peace, Love, Motivation, Negativity, Patience, Prosperity, Regret, Rejection, Self-Confidence, Stress, Trust.

Discover natural cures for everyday ailments with this crystal-clear beginner's guide.

Crystals for Beginners: The Guide to Get Started with the Healing Power of Crystals Details

Crystals for Beginners: The Guide to Get Started with the Healing Power of Crystals

206 pages , Published October 3rd 2017 by Althea Press

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Terri Lyons says

Crystals for Beginners is a fantastic book. I knew nothing about crystals and this book explained it so plainly. I am very excited to start experimenting with crystals. I received a review copy from the publisher.

Jessica says

I enjoyed reading this! It has a lot of information about crystals for beginners like me, not too much info where you feel overwhelmed... but at the same time I was actually kind of hoping for A BIT MORE information on the crystals themselves. It touches all the basics though, which is why it's a book for BEGINNERS.

This book has really nice pictures of 50 different crystals, and lots of "prescriptions" for different things like anxiety, inner peace, stress, etc. these "prescriptions" share 2-3 crystals that you could use to help you out and a mantra that you can say while meditating.

I love the texture of the cover, it felt really soft which I know it something super random to say. I enjoyed it, it was my first book on crystals and I can't wait to dive in deeper now.

Lindsey says

This book has everything you need to know about crystals! Karen's book delves into the all the various crystals and how to use them. You learn how to start your own crystal collection, how to get the most power out of your crystals, and more. If you want to learn about the magic art of crystal healing I cannot recommend this book enough!

I received a free copy of this book in exchange for an unbiased, honest review. That being said, these opinions are my own! This is truly a fantastic read!

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Ronald Searle:

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Dolores Young:

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